SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 27th May 2012

These are your SHORTS, Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

- THE COMING WEEK –

Wed 27 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Fri 29 **Track Session with Martin Morley details**
Dulwich College Track 7 for 7:15 start
fee £2 pay to Martin

Tue 03 **Track Session with Steve Smythe see below**
Dulwich College Track 7 for 7:15 start
fee £2 pay to Steve

For previous editions of SHORTS go to:
http://www.dulwichrunners.org.uk/newsletter.html

In your *SHORTS* this week !

2 Fixture List
4 Race reports etc
5 Mile club champs results
8 Welsh Castles Relay roundup
10 Wednesday Night Map to print

And much more !

---------- *EVENT HORIZON* ---------

A brief look ahead

Jul 5 Battersea Park Assembly League
Jul 12 Club champs 2mile, Dulwich Park
Jul 22 Elmbridge 10k , Club champs race
full fixture list & info page 2

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - Ros

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

DULWICH TRACK SESSIONS

Improve your speed & strength over all distances. Tuesdays with Steve Smythe are suitable for all abilities.

Please start warm-up at 7pm and the session will actually start about 7.15pm on the grass with the last 30 minutes on the track

Cost is provisionally £1 as long as you pay on the night, £2 if don't pay on night. Subject to change if track hire costs aren't covered

Friday Track Sessions. Unless we manage to have 10+ people attending it will not be financially viable to continue

If you wish to see these track sessions continue you need to make the effort to attend – ***Martin Morley***

LUCKY VEST-

June winner was Tiarnan O'cleirigh.

Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win £5 in the clubhouse that evening.

NEW KIT ***NEW KIT*** ***NEW KIT***

We now have new vests and short sleeved T shirts for men and women. I'll bring them down to the club tonight - Vests £18 - T shirts £20 – Ros

NEW RUNNERS ROTA

If you are listed to take out new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know. Thanks. – **Ros**

Jozef Danko	**27/06**
Mike Dodds	04/07
Mel Edwards	11/07
Olga Gillane	18/07

CLUB FIXTURES 2011/12 - Club Champs , XCountry, etc.

Date			Event		Venue
Jul	Thu	5	Battersea Park Assembly League		Battersea Park start 7:30
	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k	S	Elmbridge
Aug	Thu	2	Dulwich Pk Assembly League		Dulwich Park start 7:30
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
	Thu	6	Beckenham Assembly League		Beckenham start 7:15
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

2012 Club Champs races in red S=Short L=Long

Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

MEN'S SURREY LEAGUE CROSS COUNTRY 2012/13

Dates and provisional venues have been agreed for next season's Surrey League cross country. These are:

20 October, Lightwater
10 November, Roundshaw Down
12 January, Cranford
9 February, Wimbledon Common

Mike

DULWICH RUNNERS

2012 CLUB CHAMPS

See fixture list for races and dates etc.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events.

After the one and two mile races we have the Elmbridge 10k on 22 July. The race has a limit of 700 entrants and nearly 300 have already gone, so get in your entries soon! - ***Mike Mann***

ASSEMBLY LEAGUE:

The Assembly League is an informal series of races, open to all club members in which we compete against other local clubs.

Each race is around 5k. You don't need to register or pay to run, just turn up.

Next race is at Battersea Park on 5th July at 7:30pm. Details to follow.

5 Jul Battersea Park 7:30
2 Aug Dulwich Park 7:30
6 Sep Beckenham Sports Club 7:15

Charlie Lound

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.

Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.

Just give me your name by 7:10

Don't just sit there salivating...join in ! - **Ros**

WOMEN'S SURREY LEAGUE CROSS COUNTRY 2012/13

Dates and venues have been confirmed for the women's fixtures as:

20 October, Roehampton Vale
1 December, Epsom Downs
12 January, Mitcham Common
9 February, Denbie's Vineyard

All fixtures will start at 12 noon with the exception of the Epsom Downs match, which will start later (time TBC)

Mel & Sue

POST CLUB CHAMPS SOCIALS

As an added incentive to participate in club championship races, post race refreshments are taking place after the Dry Hill 10 in Lingfield on 2 September a pub lunch is being organised (look out for further details of this nearer the time). ***Mike Mann***

Wednesday Running Maps

On page 10 in SHORTS you will find a copy of the map for this weeks runs.

Although there will still be some available at the clubhouse , it would help if you can print your own copy and bring it with you.

If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked below with *) are also designated as the county championship race for that distance.

Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:

Kent: http://www.kcaa.org.uk/road%20races.htm

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

At the time of writing there are still places available for the Harvel 5 and Dorking 10

Kent Grand Prix and Championship Races

15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

13 May	Sutton 10km
10 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
11 August	Wimbledon 5km *

FRIDAY Track Sessions
Dulwich College Track
7pm for 7:15 Start

Please remember this is aimed at all levels so that whatever your current pace is this will help you to improve and gain those PB's we all love

No previous track experience required just a desire to improve your running. Changing and toilet facilities available. Approximately 1 hour duration with focus on improving **your** speed and technique. £2 track fee on the day.

This is the ideal time to start track work if you have done a spring Marthon and looking at 10K's etc

Martin Morley

Race Reports & Results

parkrun 5km Results for June 24th

Brockwell

12 Mark Foster	20:41
42 Graham Laylee	23:08
134 ran	

Crystal Palace

23 Mike Dodds	22:44
25 Josef Danko	23:15
119 ran	

Dulwich

23 Jim Dowsett	22:25
85 ran	

Lloyd

Though a little tired after his mile the night before, Alex Elms gained his first ever parkrun win, helped by his Mum who a second back thus ensured an unique son-mother double victory

1 Alex Elms	19:35
1W/2 Clare Elms	19:36
28 Steve Smythe	24:39
112 ran	

Dear Dulwich parkrun Volunteers

We have no volunteers this weekend and if nobody comes forward then the run will have to be cancelled. If you are available and able to help it would really be appreciated.

In fact, we have virtually no volunteers for the next few weeks so if you aren't free this week then please look to see if you can help in any other weeks.

Attached is the roster for the next four weeks or you can view an up to date roster here any time:

www.parkrun.org.uk/dulwich/volunteer

If you can help fill any of the spaces then please let us know by replying to this email.

If there's anything you fancy doing that you've not tried before then please tell us

Timer instructions
http://www.youtube.com/watch?v=1zuUuMr6HGk

Barcode scanner instructions
http://www.youtube.com/watch?v=SaBIdkK17xM

Orpington (test event)

With parkrun springing up closer and closer to home, I'm sure they'll be one in my back garden shortly!

Mainly grass with a few paths, a fairly pleasant course although could be muddy in parts in the winter. Well organised with drinks and eats at the end.

5 Duncan Hussey
10 Oscar Hussey
Approx 70 ran
Duncan Hussey

Dulwich Runners Midsummer 5k 20.06.12

Fine weather for the club's annually organised race meant a good turnout of 265 runners, and 152 children in the 1 mile fun run. We also had over 60 marshalling - as a thank you to them there is a free drink at the bar this week (27 June). Particular thanks go to the organising committee. We have had several compliments on forums.

RESULTS

1st man Carlos Rybeck (unatt) 16:12
1st woman Una English (Havering) 16:38 (race record) (4th in race)

Dulwich Runners finishers

51 John English		19:59
73 Kevin Murphy	20:54	
136 Cory W.Malcolm	23.51	

Andy Murray

Race For Kids 5K Battersea Park 24th June

Bob Bell writes…My employer, Royal Bank of Canada, sponsors this race in aid of Great Ormond Street which is well organised (I have to say that) but definitely more fun run than race and although numbers are issued there are no results.

There are some personal egos to satisfy so I found myself reasonably at the front of a very congested startline. Although being quite near the front I still found myself next to a not very fast looking lady who had a conventional push chair so was clearly going to delay anybody who wanted to go faster than a walk. There were also a lot of children who would have had trouble reaching my knee, right at the front.

Notwithstanding this I got away pretty easily and on a flat course was hoping to better my Crystal Palace parkrun time. Even with pushing on to get past a couple of far younger work colleagues I was disappointed to only clock 22.34 but then found that everybody's garmins or i phones had the distance as 5.1K which made me slightly happier.

Also making a rare appearance was fellow DR, Mrs Bell, who claimed to have enjoyed the experience, or at least the ice cream after it and may even train for next years event !

Bob Bell 22.34
Chris Bell 32.00

Year 7-11, Orpington 2k, 24 June 2012

In a switch of seasons, made last minute decision to swap another cancelled cricket match for cross country.

Arrived too late for the 10k on the new revised route but not too late for Oscar to tread his way carefully round a muddy course against some of his Blackheath rivals.

5 Oscar Hussey 7.14

VETS TRACK LEAGUE, HILLINGDON, 25 JUNE

With the Herne Hill team somewhat depleted through injury, I ended up competing in the 400m as well as the 1500m. The 400m is not my favourite distance, made worse by the fact that I got the short straw with lane 8, so effectively hung out to dry. Although my time was nothing to write home about, it proved a good warm up for the 1500m immediately afterwards, in which I was running as an M50.

The pace started off fairly briskly, so tucked in behind the leader I experimented in seeing how long I could continue at 80 second lap pace. The answer was a bit over 2, though I didn't slow down too drastically in the second half. At least I seem to be going in the right direction as my pace was slightly faster than Friday's mile and much better than some rather sub-standard performances earlier in June. - ***Mike Mann***

400m 70.3 secs (2nd M60)
1500m 5:05.5 (tbc) (2nd M50)

Mark Hayes Memorial Mile, June 22 inc Club Mile Championships

Ben Fairhall and Clare Elms won the main trophies on a very breezy evening that at least kept dry.

Numbers were around the 50 mark again and it was a pleasant atmosphere with the Brissy-Hayes family adding to the occasion and Celeste, Fleur and Josephine dominated the children's races numerically.

Alex Elms won the handicap sprint for adults and children coming from the back to just pip fellow under 13 Oscar as it seems many of the older runners were scared off!

Edward Wilson won the 600m.

Thanks to Ros, Andy, Clive, Graham and Mike who helped organise.

Race 1

Mile guest regular Clive Elms showed a good turn of speed with a last lap at 5:40 pace after following Lindsey around for first four laps. A restricted Steve Smythe, two minutes down on 2006, took second. Lindsey was close to her track best as she ran her best since 2009. Karine, whose husband Mark this race was in memory of was a clear fourth. Kishan (son of Ameet) showed a good turn of speed to catch Sue Rowlands who was her usual consistent self. Steve Street ran well as did club champs debutante Nicole King. Regulars Chris and Susan Vernon completed the first race with their usual effort.

Previous track miles are given for all those who competed last year

1 Clive Elms (gst) 6:54.5
(6:52.5 2008, 7:16.5 2009, 6:57.8 2010, 7:12.4 2011)
2 Steve Smythe 6:57.4
(5:04.5 2005, 4:54.0 2006, 5:07.8 2007, 5:17.1 2008, 5:18,4 2010, 5:27.8 2011)
3 LindseyAnnable 7:11.7
(7:13.0 2008, 7:08.4 2009, 8:08.8 2010, 7:33.5 2011)
4 Karine Brissy-Hayes 7:29.1
7:41.9 2007, 7:01.0 2008, 7:52.3 2010, 7:52.3 2011)
5 Kishan Patel (gst) 7:37.2
(mile track debut)
6 Sue Rowlands 7:37.8
(7:38.4 2009, 7:37.3 2010, 7:27.3 2011)
7 Steve Street 7:50.3
(mile track debut)
8 Nicole King 7:55.6
(mile track debut)
9 Chris Vernon 8:25.5
(7:07.3 2005, 6:56.2 2006, 7:37.8 2007, 6:50.4 2008, 8:06.1 2009, 7:53.1 2010, 7:57.2 2011)
10 Susan Vernon 9:41.5

Race 2

Michael Ward started fast and hung on well with Cameron Timmis his nearest challenger. Mike Dodds came through strongly as did Mel Edwards who set a PB by 14 seconds. Claire Steward won the battle of the 60s breaking clear of a less than fully fit Ros in the last 2 laps. Regulars Graham, Ameet (with very fast last lap) and Barry John and Clare W were all inside six. Debutane Lloyd Clater found it hard after a fast start.

1 Michael Ward 6:11.4
(6:08.0 2008, 6:19.9 2009)
2 Cameron Timmis 6:21.8
(6:14.8 2011)
3 Mike Dodds 6:25.7
(6:28.5, 2011)
4 Mel Edwards 6:26.3 (PB)
(6:40.6 2011)
5 Claire Steward 6:29.0
(6:38.6 2009, 6:42.6 2010)
6 Ros Tabor 6:38.0
(5:53.7 2005, 5:54.9 2006, 6:12.1 2007, 6:03.7 2008, 6:05.2 2009, 6:04.7 2010)
7 Graham Laylee 6:39.5
(*5:54.6 2005, 5:58.7 2006, 6:11.2 2008, 6:23.4 2009, 6:29.2 2010, 6:31.7 2011)*
8 Ameet Patel 6:49.5 (PB)
(7:31.1 2010, 6:56.6 2011)
9 Barry-John Nicholls 6:51.6
(6:51.0 2005, 7:09.2 2007, 7:01.2 2008, 7:06.9 2009, 7:01.7 2010, 6:45.4 2011)
10 Clare Wyngard 6:53.4
(6:22.1 2005, 6:33.8 2006, 7:00.6 2007, 6:44.3 2008, 6:51.0 2009, 6:34.2 2010, 6:38.4 2011)
11 Lloyd Clater 7:12.5
(track mile debut)

Race 3

Mike Mann was much faster than last year as he outkicked Ebe after Mark F made a far too fast a start. Alexander D finished well as did newcomer Rob Cope. It was really close in this area of the field and stretched recorders to the limits with Russell D, Hugh B, John E, young Oscar and Nicola Richmond all finishing within a second – the latter with her first sub six with a 16 second PB

Steve Ackland set a big PB and he was chased home by Ola who not at her best still run her fifth mile within a range of seven seconds in the last six years.Ajay and Andy M were also narrowly inside six with Ajay setting a club mile best.

1 Mike Mann 5:29.5
5:01.7 2005, 5:09.1 2006, 5:20.1 2007, 5:18.5 2008, 5:23.4 2010, 5:42.6 2011)
2 Ebe Prill 5:30.8
(5:48.6 2010)
3 Mark Foster 5:34.5
(*5:33.6 2005, 5:23.5 2006, dnf 2007, 6:07.8 2008, 5:32.2 2009,* 5:38.3 2010)
4 Alexander Dodds 5:35.2
(7:07.0 2005, 6:55.5 2007, 6:14.8 2008, 5:27.9 2011)
5 Rob Cope M40 5:42.0
(club mile debut)
6 Russell Daker M50 5:42.9
(*5:24.9 2007, 5:14.9 2008, 5:25.3 2010,* 5:38.4 2011)
7 Hugh Balfour M50 5:43.8
(5:55.9, 2009)
8 John English 5:44.8
(club mile debut)
9 Oscar Hussey 5:45.4
(club mile debut)
10 Nicola Richmond 5:45.9 (PB) (4th W)
(6:01.8 2008, 6:03.5 2011)
11 Steve Ackland 5:48.1
(*6:03.5 2010, 5:59.2 2011)*
12 Ola Balme 5:56.5 (5th W)
(5:53.9 2007, 5:49.8 2008, 5:53.6 2009, 5:55.8 2011)
13 Ajay Khandelwal 5:57.3
(6:05.5 2011)
14 Andy Murray 5:58.6

(6:23.2 2007, 5:56.5, 2009)

Race 4

Ben won easily as expected but found it hard out on his own and a pity that most of the leading runners from last year didn't run as he would have gone much faster with more company. The only runner to challenge him briefly whose burst of speed at the start cost him time at the end but did succeed in catching out those out who thought he might run a sensible race. Wayne closed on the last few laps but wasn't at his best. Clare Elms had an isolated run to defend her women's title easily and take her fifth win in the last six years. Her time was the fastest of any British woman over the age of 40 this year.

Duncan ran strongly to get a very rare win over a out of sorts Charlie. Closing fast at the end was Alex which was easily a club under 13 record and possibly even a U15 and U17 record but he got caught at the start and didn't match his 1500m times equivalents.

Note last year averaged 69 seconds for his two laps in his 600m and here he averaged 59 for over five!

Also finishing fast was Rupert Nash and his partner Shona McIntosh who broke the club mile senior women's record. Will Davis, a rare non parkrun effort showed good pace, narrowly ahead of Adrian Greer, who was the fastest M50 in action.

Charlie Wood set a big PB as the third fastest woman and she held off the coming back from injury Ed Smyth and John Fletcher with Chris Loizou well out of form at the back after a quick start but at least was faster than last year.

1 Ben Fairhall 4:42.8
(club mile debut)
2 Tony Touhy 4:55.6
(5:23.3 2007, 4:56.5 2009, 4:59.2 2010, 4:53.7 2011)
3 Wayne Lashley 4:58.6
(5:03.5 2006, 4:52.4 2011)
4 Clare Elms 5:05.2 (1st W)
(*5:08.3 2007, 4:57.5 2008, 5:01.9 2010, 5:27.0 2011)*
5 Duncan Hussey 5:13.8
(5:12.3 2008, 5:13.9 2009, 5:06.5 2011)
6 Charlie Lound 5:16.8
(*5:08.7 2005, 4:52.6 2006, 4:51.6 2008, 5:01.3 2010,* 5:05.8)
7 Alex Elms 5:16.9
(club mile debut)
8 Rupert Nash 5:17.6
(club mile debut)
9 Shona McIntosh 5:20.2 (PB) (2nd W)
(club mile debut)
10 Will Davis 5:20.5
(club mile debut)
11 Adrian Greer 5:22.4
(5:07.1 2008)
12 Charlie Wood 5:30.3 (PB) (3rd W)
(5:58.0 2009)
13 Ed Smyth 5:32.1
(5:16.2 2008, 5:13.0 2009)
14 John Fletcher 5:32.5
(club mile debut)
15 Chris Loizou 5:48.8
(5:18.8 2007, 5:14.7 2010, 5:52.0 2011)

Of those who ran last year missing were over 30 with many of the faster runners absent – ie the fastest four men last year and five of the 7 fastest women.

Some of these are injured or were away but quite a few said they were running and didn't show a pity that even more didn't take part.

Ran in 2011 but not in 2012: Jozef, Martin M, Aeon, Ian S, Joe B, Peter G, Steve Cook, Andrea P, Catherine L, Alexie S, Kim H, Emma I, Oliver B, Sue C, Buzz S, James G, Mike W, Tom M, Edward H, Chris T, Oliver M, James E, Tiernan, Paul H, Gary S, Ian B, Clare O, Jo S, Stephanie B, Magdalene, Michelle V, Goerte, Cory, Nolan

Including road miles this was Mike's and Ros's 17th club mile to equal Andrea P's total. This was Chris V's 16th and Clare W and Steve S 15th.

Provisonal trophy winners

Overall: Clare Elms
Fastest man: Ben Fairhall
Fastest woman (not inc above): Shona McIntosh
Senior man (not inc above):Wayne Lashley
Senior woman (not inc above):Charlie Wood
Veteran woman (not inc above):Nicola Richmond
Veteran man: TonyTuohy
M50: Adrian Greer
M60: Mike Mann
W50: Claire Steward
Captain: Mick Ward
Age graded 2 (not inc above): Ros Tabor
Age graded 3 (not inc above): Alex Elms

Ranelagh Harriers Richmond 10k, 24. June

Much better conditions than anticipated: no rain, no strong winds and a good turn-out of pretty strong club-runners. It's a fairly fast course, two laps through Ham with a nice stretch along the Thames, quite flat, but some tight corners and narrow paths, where you can get boxed in by other runners.

I ran this road race for the second time since 2010, and this was much more enjoyable. Held back a bit for the first three k, passed the 5k mark at 20:18 and managed to speed up from there. Passed several runners on the last kilometres and beat two guys in a long sprint finish on grass. The track training payed off, thank you Steve!

A sub 40 min was not on the cards though, but achieved negative splits for the first time with the last 5 k in 20:13 and the last kilometre in 3:50, so the whole thing at least felt better! Plus, as the mighty Tony Tuohy mentioned (who of course had been recovering at the finish for ages), the course measured too long on his Garmin. And indeed my Garmin too showed it as 10.09k, so that's why that finish on the meadows felt so endlessly drawn out!

So if I take 90m off, then maybe ... no, still no sub 40. So I better enjoy a PB for 10k on road (48 sec faster than in the 2010 race) and a nice trophy mug of tea. - ***Ebe***

Results for Dulwich Runners:

32 Tony Tuohy	35:39 (35:38 Chip)
124 Ebe Prill	40:39 (40:31 PB, Chip
454 Mark Best	66:40 (1:06:18 Chip

(fastest time John Gilbert, Kent AC, in 31:03
468 ran

Midsummer Munro "Ultra-half", Box Hill 23rd June

*Mel Edwards writes….*I'm not sure what was more stupid: entering this race or not doing any training for it! In my defence, I didn't know that it had been extended from a half marathon to approx 16 miles (now with 3500ft of ascent and descent) until 10 days before the race. At least doing a recce of the course the weekend before helped to mentally prepare me for the horrors which awaited.

After running up the Burford slope, the extended part of the course began: running back down the slope and up the Zig Zig Road. At the top of the Zig Zag Road we re-joined the original course and shortly after this, we made the first descent down the steps to the river. As I expected from last week's recce, I soon lost sight of the people in front of me and was overtaken by quite a few people.

At least the river had gone down since the weekend before and the stepping stones were now jutting out of the water. Nevertheless, I was a bit nervous about crossing them and was thankful for the encouragement of the runners behind me. Ascending the steps back up to the main path was actually a bit easier than going down.

We then ran out towards the lookout post before turning around and running back along the path and down a narrow track along the side of the North Downs. Reaching the bottom, we turned left and ascended an uneven path up to the road. Just after 6 miles, I tripped over and fell heavily on my hand and knee. After being peeling off the ground by two guys, I debated dropping out but after hobbling along for a bit, managed to get going again. Emerging into a pub car-park, we crossed the road and then ran through some woods for a mile or so before emerging onto the very scenic Juniper Top where we ran all the way to the bottom of the hill before turning round and running (or walking!) back up it.

After briefly going back into the woods, we followed a track down to Juniper Bottom. I stopped at the water station to try and wash the mud out of my various cuts but only succeeded in creating a muddy bloody paste so gave up!
Crossing the road, we then started the ascent up the Eiger steps. After a brief stint through the woods, the path emerged onto White Hill, a lovely flat(ish) springy meadow. Unfortunately, this was followed by a very steep descent through some woods to the turnaround point.
Despite slowing to a walking pace, the downhill was really painful on my knee and I hopped down the last few metres on one leg before stopping for some sympathy and sweets .

Once we'd turned around and made the steep ascent up to White Hill, we then did the whole of the course in reverse, except for the section on the Zig Zig Road. Although I managed to pick up the pace on the softer flatter sections, my knee got increasingly painful and I ended up walking more and more of the downhill sections and some of the uneven flat sections as well. I managed the second descent of the steps to the river with a mixture of hopping and swearing and was a bit miffed to get overtaken by two women on the way.

After navigating the stepping stones for the second time, it was straight back up the steps to the main path. I realised that I could just about finish in under 3 hours if I got a move on and managed to pick up the pace on the last 1K: a section of very uneven slight downhill followed by the steep descent of the Burford slope. I was a bit disappointed with my time but realise I probably did well to finish.

Despite all of this, I'd like to give the race another go next year albeit with some proper training and perhaps some protective padding! The out and back nature of the course meant that there was lots of support between runners going in opposite directions and I got to see Katie Crowe (who appeared to be having a great race, despite having done a lake swim that morning as part of her Ironman training) and Claire Steward (doing the full marathon – extended to 30 miles!) at various points on the course. The marshals were also excellent, offering lots of encouragement (sometimes through a megaphone at close range).

After the race it transpired the 3rd lady didn't actually go down the steps to the river on the way out as she apparently got "vertigo" and thus missed out a whole section of the course – she later got given a 16min penalty.
30/3W Katie Crowe 2:52:37
49/8W Mel Edwards 2:58:10
(1st man: 2:05:58, 1st lady: 2:40:18, 184 finished)

WELSH CASTLES RELAY 9/10 JUNE 2012

Stage 1 Caernarfon Castle to Penygroes
8 James Godber 59.05 9.1m 6.49 per mile pace
A strong run largely on cycle path in the pouring rain. Looked somewhat baffled when offered water by one of the Dulwich supporters.

Stage 2 Penygroes to Criccieth Castle
28 Mel Edwards 1:13.59 10.7m 6.91 per mile pace
Another cold and wet one but ran to recent (impressive) form despite being put on this stage at the last minute. Went through 10 miles at a faster pace than her pb.

Stage 3 Criccieth Castle to Maentrog (mountain stage)
30 Dylan Owen 1:24.36 12.1m 6.99 per mile pace
The first mountain stage with a nasty sting in the tail was tackled ably, and faster than expected, by former club member now resident in North Wales. Fell running skills proved useful.

Stage 4 Maentrog to Harlech Castle
30 Clare Wyngard 1:11.40 9.5m 7.54 per mile pace
Strong run by club triathlete as the rain eased off at last. Maintained pace well throughout, passing several competitors in the second half.

Stage 5 Harlech Castle to Barmouth
38 Mike Dodds 1:15.21 9.6m 7.85 per mile pace
Enjoyed the first completely dry stage of the day following the coast but not wholly flat with a sharp early hill followed by several undulations.

Stage 6 Barmouth to Dolgellau
20 Ebe Prill 1:12.01 10.7m 6.73 per mile pace
A good run by first timer on one of the most attractive stages of the relay which is largely off road, following the river through woodland, and difficult to support.

Stage 7 Dolgellau to Dinas Mawddwy (mountain stage)
33 John Fletcher 1:06.25 10.8m 7.07 per mile pace
Performed well on second mountain stage of the day going through the "Pass of Doom". Difficult stage on main road with long uphill followed by quad bashing descent.

Stage 8 Dinas Mawddy to Foel
47 Susan Cooper 1:26.30 10.8m 8.00 per mile pace
On the most difficult non mountain stage of the relay was not feeling well with a dodgy stomach but nevertheless persevered admirably.

Stage 9 Foel to Llanfair Caereinion
32 Ros Tabor 1.03.30 8.6m 7.38 per mile pace
Despite not doing any long runs for a month due to injury, kept going well at a good pace.

Stage 10 Llanfair Caereinion to Newtown (mountain stage)
32 Chris Loizou 1:30.54 13.1m 6.93 per mile pace
A challenging mountain stage of almost half marathon distance. Under instructions to run fast to ensure we made our Indian restaurant booking in time and achieved that, despite almost missing his start.

Stage 11 Newtown to Llanbadarn Fynydd (mountain stage)
46 Neil Daniels 1:33.55 12.3m 7.63 per mile pace
Struggled a bit on this tough, poorly supported early morning mountain stage, containing a relentless uphill over first half of the stage.

Stage 12 Llanbadarn Fynydd to Crossgates
41 Joanne Shelton 1:23.22 11.2m 7.44 per mile pace
An excellent run faster than the 8 minute mile pace than she was expecting. Enjoyed the experience.

Stage 13 Crossgates to Builth Wells
37 Tiarnan O'Clerigh 1:17.21 10.6m 7.3 per mile pace
Good steady run by Welsh Castles stalwart who stepped in at the last minute despite lack of recent training and race fitness.

Stage 14 Builth Wells to Drovers Arms (mountain stage)
37 Mike Mann 1:17.59 10.8m 7.22 per mile pace
Third attempt at most challenging stage of the relay, consisting of an undulating 10k followed by a long climb in the second half. Announced his retirement from this stage at the finish having decided he had finally nailed it.

Stage 15 Red Kite Centre to Brecon
20 Andy Murray 1:25.44 12.8m 6.7 per mile pace
Strode out well on this partly downhill stage maintaining a fast pace in his best distance run for a while.

Stage 16 Brecon to Beacons Reservoir (mountain stage)
51 Martin Morley 1:12.41 8.8m 8.26 per mile pace
Set himself a tough assignment in volunteering for this stage with its relentless climb up the Brecon Beacons but persevered well.

Stage 17 Beacons Reservoir to Cyfarthfa Castle
45 Lloyd Clater 1:16.03 9.1m 8.37per mile pace
Another first timer to the event. Performed admirably in easily his toughest run since joining the club.

Stage 18 Rhyd-y-Car Centre to Abercynon
48 Clare Osborne 1:14.52 9.1m 8.22 per mile pace
Good run by another first timer on this largely off road stage which was difficult to support

Stage 19 Abercynon to Caerphilly Castle
21 Catherine Lee 1:17.48 10.8m 7.2 per mile pace
A great run as she won her stage by a comfortable margin. Followed her success in winning GBR stage and the only stage winner amongst our team.

Stage 20 Caerphilly Castle to Cardiff Castle
27 Scott Hemmens 1:11.27 10.7m 6.68 per mile pace
Ensured that our team finished on a high note maintaining a good pace on this largely off road section along the Taff Trail.

Final position 30th team

Not our highest placing in recent years but a good result given that several of our stronger runners were unable to take part and we had some late withdrawals through injury. It was good to see so many newcomers to the event and club taking part, and with their help and some others who stepped in at the last minute, we fielded a complete team.

Thanks to Chris and Sue Vernon for providing accommodation and food for many of the team on Friday night/Saturday morning and to them and the other car drivers for helping out with the logistics at various parts of the relay. Note that the positions and pace per mile between stages are not directly comparable, as the mountain stages are challenging runs on which clubs field their strongest runners. – ***Mike Mann***

OlymPicnic Ultra, Box Hill – 2:00pm Saturday 23 June 2012

Claire Steward writes: In 2006, Runner's World quoted *The Picnic* as being the 'Hardest Marathon in Britain' and its reputation has grown since then – it is truly nuts, bananas, fruitcake and a few sandwiches short of the full picnic (according to Trionium website anyway), and was voted top Trail Race by RW in 2011. Held on alternate years, it consists of completing the *Midsummer Munro* half-marathon course twice; there is well over 6,000 ft of ascent/descent including (allegedly) 2,840 uneven, incredibly steep, slippery steps. As a special treat for Olympic year, race director Dr Rob though he would make it just a bit harder.

The Munro became 16 miles with the addition of an ascent of The ZigZag Road and extra distance added between Juniper Top and Juniper Bottom, and the Picnic became 30+ miles with over 7,000 feet of ascent/descent, although mercifully we didn't have to do the Zig Zag twice. Last year, with only one pre-race, hill-specific training session, a fall at two miles and a crazy ambition to improve on my 2009 time, I almost dropped out and was ultimately pleased to finish under 6 hours.

This year, I ran more hills in training, had four days of strenuous walking in the Atlas Mountains which improved my fitness, and I was determined that I would keep to a steady 'jog' or slower and take extra care not to fall over (although the Club Champs one mile on Friday was probably not best preparation). I also stopped at every drink station for a chat (the marshals, as always were brilliant), and a handful of jelly babies and crisps.

The strategy paid off and as I reached the turnaround at 16 miles, and set off up the Burfoot Slope for the second time, I knew I could do it. Mel was there for the *Munro* which starts two hours after the *Picnic* resulting in a glorious confusion of participants in both events going up and down the steps to the stepping stones which are included twice for each lap. I saw her a couple of times as we headed in opposite directions; she was going well but called out that she has fallen over – no time for sympathy as I was taking advantage of a downhill at the time.

A few miles from the finish I caught up with Suzy from Orpington (my second claim club) and another runner and the three of us made good progress together until the final ascent of the steps when I had to stop for a few minutes to ease a cramping thigh but once I got going again it felt almost easy and I made a joyful dash downhill to the finish line.
Dr Rob was there with the medals and tee-shirts (I got a small one that actually fits!) and after I had stuffed down some cake and pulled on a warm top, he kindly gave a couple of us a lift to the station to save having to wait an hour for the next train. Such service!

I don't know how many actually started, but out of 161 people entered (only 25 women) just 98 completed (incl 10 women) the full course. 48 entrants (incl 9 women) completed the 16 mile *Munro* course then either dropped out or missed the 3:30 cut-off and had to retire. Even so, the marshals were out there a long time with the final finisher coming in after 9:30pm. However crazy the race seems there is a real buzz about it, lots of encouragement from other runners and marshals, and amazingly positive reviews on RW Forum. Twice in the past I've said I would never do it again but this time I loved it. It's all in the preparation……

OlymPicnic:

Winner:	4:35:45
1st woman:	5:37:00
Me:	6:36:59 (64th overall and 7th woman
Last finisher	7:33:50

Munro:

Mel Edwards	2:58:10 50th (W9)
(182 finishers)	

Mosh alert !

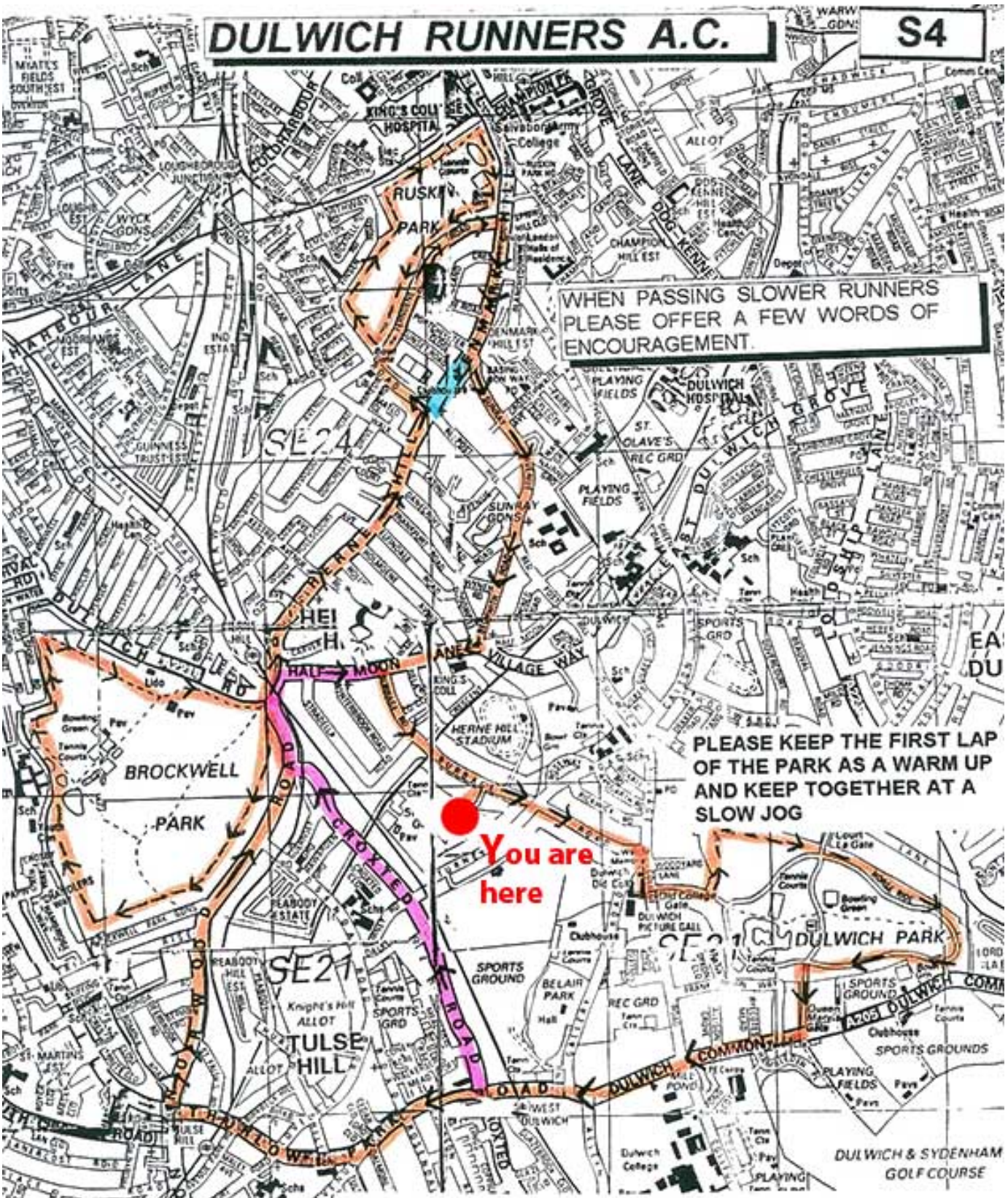
Last Minute Calling playing Friday 29th June at the William IV, 116 Croydon Road, Elmers End, Beckenham BR3 4DF. Local pub, free entry!
http://www.randompubfinder.com/pubmap.php?Name=William_IV,_116_Croydon_Rd,_Elmers_End,_Beckenham&Pub=725
No, I've never heard of them either, and I'm playing for them. That's because they didn't exist until five minutes ago – I got a call to help out playing for a scratch band as the pub needed someone for the above date at short notice. The guitarist and bass chaps are working out a set that includes some of the usual pub-rock as well as tracks by Kings of Leon, Scissor Sisters, The Police, Nickelback, etc. – so I'd better learn some.

Exciting, edge-of-your-seat, totally unrehearsed live music guaranteed – what could go wrong? To find out, come and see!

Tony 'Thundersticks' Tuohy.

DULWICH RUNNERS A.C.

S4



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	8.5	MILES
ABOVE BUT OMITTING RUSKIN PARK	7.0	MILES
ABOVE BUT OMITTING BROCKWELL PARK	6.8	MILES
SHORT CUT (BLUE)	5.3	MILES
SHORT CUT (PINK)	3.4	MILES

Extend distance by extra full lap of Dulwich Park 1.1 miles or / and Ruskin Park 0.9 mile or / and Brockwell Park 1.7 miles

Enjoy your run